

WOMAN AND HER WAYS.

HOW TO AID DIGESTIVE ORGANS

THE principle that the finer a food is divided and subdivided in its preparation the easier, quicker and better it is digested is seldom borne in mind by either the cook or the eater. All of us are supposed to think of the ancient adage of "eating slowly and chewing well," but very few carry this rule into practice. Still fewer think of applying the principle of comminution in the kitchen.

Thus, for example, a boiled onion is usually served whole, and on account of its slippery character is apt to reach the stomach in a large fragment. If it is cut up finely before the boiling or stewing it is converted at most into pulp, which digests in one-third or even one-fourth the time of the other way.

Grated cheese upon toast, macaroni and other dishes presents no difficulty to the digestive process. When served in pieces, as New York dairy cheese almost invariably is, it is rather difficult of digestion, and in its favorite form, the Welsh rarebit, it is very indigestible to a large proportion of the community. Another principle which is too often disregarded and which cannot be too highly praised is that long and slow cooking at a low temperature is far better than that in quick oven with great heat. This is the basis of the success in many steamed, cooked, heaters, Dutch ovens, Aladdin ovens and other contrivances in the market. Oatmeal, wheaten grits, cracked barley and crushed rye, when slowly prepared for twenty-four hours, are converted into a paste or jelly, which can be used by a person with the weakest stomach. If, as is generally the case, they are boiled, vigorously for half an hour, the cells are imperfectly broken down, and the resulting food is often injurious to delicate digestions.

She Carries a Big Record.

Probably no lady cyclist can equal the long distance record of Miss Ida Greeley Ale, who has covered 15,000 miles a wheel. Miss Ale is a school teacher, of Trenton, N. J. She is also secretary and treasurer of the local club and has recently been made local consul for the L. A. W., and she now



MISS IDA GREELEY ALE.

has the distinction of being the first woman consul of New Jersey.

Miss Ale is devoted to sports of all legitimate kinds and advocates them warmly with tongue and pen. She has probably written more about woman and her "bike" than any other lady in the land, and she writes well. As a wheelwoman, she is expert and tireless, and can set a lively pace even for a male scorcher.

Rules for the Summer Girl.

Remember that one may be witty without being popular; voluble without being agreeable; a great talker and yet a great bore.

Be frank. A frank, open countenance and a clear, cheery laugh are worth far more even socially than "pedantry in a stiff cravat."

Be sincere. One who habitually sneers at everything will not render herself disagreeable to others, but will soon cease to find pleasure in life.

Be sensible. Society never lacks for fools, and what you may consider very entertaining nonsense may soon be looked upon as very tiresome folly.

Be cheerful. If you have no great trouble on your mind you have no right to render other people miserable by your long face and dolorous tones. If you do you will be generally avoided.

Above all be cordial and sympathetic. True cordiality and sympathy unite all the other qualities enumerated, and are certain to secure the popularity so dear to the heart of everyone.

Be amiable. You may hide a vindictive nature under a polite exterior for a time, as a cat masks its sharp claws in velvet fur, but the least provocation brings out one as quickly as the other, and ill-natured people are always disliked.

Remember that a good voice is as essential to self-possession as good ideas are essential to fluent language. The voice should be carefully trained and developed; a full, clear, flexible voice is one of the surest indications of good breeding.

Keeping Quiet When Angry.

There is in this city a merry little woman who never is obliged to ask twice when she wants anything. She isn't one of the meek women who never

dare to have an original opinion or to indorse one unless her husband has previously indorsed it. Very often things do not go to suit her, but she has the good sense to realize scolding or complaining or whining will not help matters. If she is too angry to laugh she keeps still until she can control herself. If very angry she shuts herself up in her room alone for a few minutes. She says an angry woman seems to her to be so repulsive an object that she cannot bear to have those women whom she loves best to see her in any such character. She never seems to command, and her husband imagines that he always has his own way. She never disputes the point, yet they who know her best know that there are few questions that are not settled to her entire satisfaction. She will appear young when the scolding women of her age are considered old, and she will always have an influence for good where they have no influence at all.—Chicago Chronicle.

Georgia Girl in Politics.

Miss Sturgis, a young woman of Atlanta, has charge of the Populist headquarters for the State of Georgia in that city. Miss Sturgis is secretary



MISS CLARA STURGIS.

and treasurer of the People's Party Publishing Company and practically runs the People's party paper. Miss Sturgis says that since the nomination of Mr. Watson for Vice-President she has received hundreds of callers, and whether or not her office is the party headquarters makes no difference; for the people think so, and they continue to flock there. Miss Sturgis is a good judge of human nature and is an educated woman. When her callers come she knows when to talk books, and she knows when to talk crops, but above all else she knows when to discuss politics. She has a pile of books around her on the desk, books on political economy, histories and poems. Naturally Miss Sturgis believes in Tom Watson. She was reared in the county in which Mr. Watson lives and has watched his course and studied his character until the present time.

Kansas City's Woman Machinist.
Mrs. H. M. Cooley, wife of a machinist in Kansas City, is a skilled machinist and works daily in her husband's shop. She served an apprenticeship of two years and is now trusted to do the most delicate work that requires skill and care. She handles a steam drill with the utmost precision and has bored 10,000 holes in brass tubes in a single day, a record not attained by any man in the shop. Mrs. Cooley is small, but muscular, and says that she enjoys the work. She keeps her clothing and face clean, but her hands become as dirty and greasy as those of any other workman. Her husband says that she is the best artisan he ever had in his shop. She has invented one or two valuable articles, and does not hesitate to repair gasoline or steam engines when they are brought into the shop.

A Garden Party Toilet.



Said About Women.

Woman's sympathies give a tone, like the harp of Aeolus, to the slightest breath.—Donald G. Mitchell.

Among all animals, from man to the dog, the heart of a mother is always a sublime thing.—Alexandre Dumas, pere.

The girl who wakes the poet's sigh is a very different creature from the girl who makes his soup.—Frederick Sheldon.

On great occasions it is almost always women who have given the strongest proofs of virtue and devotion.—Count Montholon.

EDUCATIONAL COLUMN

NOTES ABOUT SCHOOLS AND THEIR MANAGEMENT.

A Moorish College Is a Very Simple Affair—Parents Should Foster a Spirit of Rebellion Against School Rules—General Educational Matters

Education in Morocco.
A Moorish "college" is a simple affair—no seats; no desks; a few books. For beginners, boards about the size of foolscap, whitened on both sides with clay, take the place of book, paper, and slate. On these the various lessons, from the alphabet to the Koran, are plainly written in large black letters. A switch or two, a sand-box in lieu of blotter, and a book or two complete the paraphernalia. The dominie squats on the ground, tailor fashion, as do his pupils before him. They, from ten to thirty in number, imitate him as he repeats the lesson in a sonorous sing-song voice, accompanying the words by a rocking to and fro, which sometimes enables them to keep time. A sharp application of the switch to bare pate or shoulder is wonderfully effective in recalling wandering attention, and really lazy boys are speedily expelled. Girls, as a rule, get no schooling at all.

On the admission of a pupil the parents pay some small sum, varying according to their means, and every Wednesday, which is a half holiday, a payment is made of from half a cent to five cents. New moons and feast days are made occasions for the giving of larger sums, as are also holidays, which last ten days in the case of the greater festivals. Thursdays are whole holidays, and no work is done on Friday mornings, that day being the Mohammedan Sabbath, or at least "meeting-day," as it is called.

After learning the letters and figures, the youngsters set about committing the Koran to memory. When the first chapter is mastered—the one which with them corresponds to the "Pater Noster" of Christendom—it is customary for them to be paraded round the town on horseback with ear-splitting music, and sometimes charitably disposed persons make small presents to the young students by way of encouragement. After the first chapter the last is learned, then the last but one; and so on backwards to the second, as with the exception of the first, the longest chapters are at the beginning.—Harper's Magazine.

Obedience to Rightful Authority.

A bit of candy or cake surreptitiously given to a child, from whom these unnecessary articles are usually kept, not only disturbs the stomach—that would be the least part of it—but suggests a course of conduct which is unlimited in its possibilities of evil, for a luxury, harmless and even advantageous in itself, given in disregard of rightful authority, becomes an evil. Reverence for law, obedience to rightful authority, are most necessary in these days of independence, and anything which disturbs such reverence and obedience, however harmless in itself, should be scrupulously avoided. So far as an outsider is concerned parental rules for the child are absolutely inflexible, and obedience to his father's and mother's directions should be made as easy as possible to him. A similar principle should be recognized in regard to teachers. Parents are too careless in speaking disrespectfully of school rules before their children. A mistake in method of discipline is not likely to be so mischievous in its results as a spirit of rebellion against authority nourished in the child's heart. Discussion of teachers and their measures should be held in private; if they are thoroughly wrong the child should be removed from the school; if on the whole good, the errors should be excused.—Ladies' Home Journal.

Some Teachers Not Fit.

Some teachers have acquired the best of education, but are no more fit to train or teach our children in the schools than a hawk is to care for a brood of chickens; for as a hawk is at all times ready to seize its prey so are some teachers ready to give vent to their angry passion on some little child. Children are ruled at home by loving parents, and through respect and love they are easily controlled; but when they find that their teacher has not interest enough to sometimes be seen with them on the play ground, or hand in hand with some little tot on the street, they soon begin to think they are under no obligation to obey. I know of teachers with twenty scholars who don't find time to solve a problem nor for three or four days time to teach writing, and who keep little children sitting perfectly idle for hours at a time because they don't have time to waste on them. Now it is the nature of children to be busy, and if not otherwise employed of course they will be into mischief. We have some noble men and women in our schools and with them as teachers our children soon learn to be something more than "boobies." I believe care should be taken to employ teachers who are adapted to lead children into their school work with interest and, too, that teachers should be of noble characters. Parents should become acquainted with those who teach their children and have a true interest in the progress of education in their localities. I think this is a very important matter.—Parent.

What May Be Expected.

Book and magazine publishers pour out a stream of literature on all the subjects that pertain to the welfare of the human being from the time the child is an hour old until it is twenty years of age. There are charts published to record the weight, height, speech, motions, consciousness, etc., etc., of the infant, and the whole mass of such literature is for the teacher—written by

teachers, addressed to other teachers—no word of the parent. At this rate of progress toward making the school room the center of all human activity, civilization and development, in the course of a few years the teacher will be expected to be a specialist in the field of medicine, of the eye, ear, and throat; an adept in mental science, normal and abnormal; a sanitary engineer up to date on every modern appliance of heating, ventilating, lighting, seating; an authority on personal hygiene, clothing and corrective gymnastics; and a part of her daily duty will be to issue bulletins dealing with the disposition of the few hours that the child necessarily spends at home—bulletins stating the time of eating and the kind of food to be given—with a chart showing the psychological condition of the child, and an analysis of the kind of food recommended, the hour for bathing and sleeping, etc.—Tessa L. Kelso.

Our Nation's Hope.

Although I'm not a Senator,
Yet, still, I think that I
Can make a speech as well as one—
At least I'm going to try.

My teacher says I'm very smart,
And to my class a credit;
And, you bet, the highest prize
I'm going to try and get it.

My spelling, reading, numbers, too,
My pennies and my dollars,
I know as well as those who wear
Their piccadilly collars.

I'm getting kind of tired now,
And hope you will excuse me
From talking any further,
Or of nonsense you'll accuse me.

I see my mamma looking, too,
From her smiling I infer
She feels right proud of me, and I
Feel very proud of her.

Uniformity Will Disappear.

The last Legislature of Washington enacted a law requiring the State Board of Education to adopt, or re-adopt, text books for use in the public schools of the State, provided that the retail prices of the books adopted should not exceed two-thirds of the retail prices of the books heretofore in use. No proposals were received for high school books, except in the case of physiologies, that came within the legal restriction; hence none were adopted except physiologies, leaving all high schools to use what they may see fit on all other subjects. Uniformity, which has existed during the last five years, will probably disappear as a result of the operation of this law.—Educational News.

Don't Stop Growing.

The teacher who stops growing begins to lose teaching power. There are many petty annoyances which assail every teacher; and usually some one or more serious drawbacks to one's intellectual vitality. All these can be more than counterbalanced by the inspiring effects of new intellectual activity. If that is wanting, the friction becomes galling, the pleasure of the daily work is impaired, the teacher loses cheerfulness and energy and the old measure of success. The end of the year is a good time to determine that, whatever else is unattained in the coming twelvemonth, there must and shall be a healthful, intellectual growth.—Martin Kellogg.

Off for School.

Oh! mamma, mamma, it's half past eight!
Where are my rubbers? I shall be late;
And where is my pencil? I know just
where
I laid it down, but it isn't there.
Oh! here is my bag with my books all
right—
I'm glad that my lessons were learned
last night;
And now I'm off—here's a kiss—good-
bye.

Torpedo for Grave Ghouls.

The coffin torpedo is the latest device to foil the grave robber. Of late years the practice of despoiling graves has become so widespread that every effort has been put forth to find some means to end it. It is believed the present invention will achieve that purpose.

This new contrivance is a regulation bomb, as deadly as any ever invented by anarchistic genius. It is placed in the casket just previous to interment, and after it is placed in position and the lid of the casket screwed down, it will be an exceedingly dangerous undertaking to attempt to force the casket open. The lid of the closed coffin presses down a spring. Raising this lid, even in slight degree, releases the spring, causing it to strike a percussion cap. The resulting explosion of the cap also explodes the bomb, and, while the concussion would wrench the casket, it is almost impossible for the person who is trying to open the casket to escape instant death.—New York Journal.

Trouble Ahead.

The sensitiveness of military gentlemen about their rank and titles has been the cause of much heartburning and many disasters. Its more amusing side is hit off by a store in Pearson's Weekly.

Corporal McCaffery was in a raging temper, and could hardly keep his forage cap at the proper angle of forty-five on account of the wrinkles in his forehead.

"What's up, Dennis? Where's the fire?" asked an intimate friend.

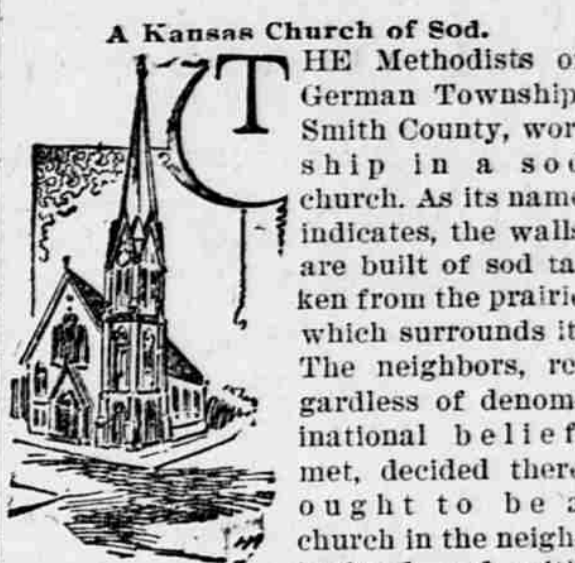
"O'll just tell yez, Patrick McGlynn knows as well as innys of yez that only last week O'll was gazzited 'corporal,' and look yez here, now, the spalpeen has sint me a litter 'To Dennis McCaffery,' and marked it 'private,' the scoundrel! O'll let him know fwat is to insult the honor of a non-commissioned officer. O'll show him 'private' be jabbers if Oi don't!"

A Chesterville, Maine, couple recently celebrated their golden wedding in the very house into which they moved on their wedding day, fifty years before.

RELIGIOUS COLUMN.

ITEMS OF INTEREST TO ALL DENOMINATIONS.

God Speaks Through Nature—Nine Suggestions Which Will Help Make a Happy Home—Primitive House of Worship in a Kansas Community.



A Kansas Church of Sod.

THE Methodists of German Township, Smith County, worship in a sod church. As its name indicates, the walls are built of sod taken from the prairie which surrounds it. The neighbors, regardless of denominational belief, met, decided there ought to be a church in the neighborhood, and with their own hands laid up the walls, and from their own pockets took the money to finish, furnish and light the building. The building is twenty by thirty feet, and the walls are eight feet high. It is covered with boards and roofing paper; the interior supports are made of neatly smoothed posts, and the inside walls are plastered as neatly as any walls could be; comfortable home-made seats are furnished for pews, the pulpit is covered with velvet, and the platform is carpeted. It is said by the Smith Center Pioneer, that when one is on the inside everything is as neat and tidy as the finest church could be. When the building was dedicated there was not a dollar of indebtedness upon the church, or on any of the furniture or fixtures.

The Voice of Nature.

The voice of nature is none other than the voice of God. Our Lord Himself tried to teach us that God, of whom we speak as so far and so silent, is very near and is speaking to us all day long. We think ourselves very pious if with narrow literalism and stupid superstition we profess to worship the words of holy books, written hundreds of years ago, as though they were the only voice in which God ever had spoken or could speak to us; and all the while we lose the whole significance of our Savior's lessons from that other book of God whose secret lies ever open to the eyes which will read it.—F. W. Farrar.

Hints for a Christian Home.

1. We may be quite sure that our will is likely to be crossed during the day, so let us prepare for it.
2. Every person in the house has an evil nature as well as ourselves, and therefore we are not to expect too much.
3. Look upon each member of the family as one for whom Christ died.
4. When inclined to give an angry answer, let us lift up the heart in prayer.
5. If from sickness, pain, or infirmity, we feel irritable, let us keep a very strict watch over ourselves.
6. Observe when others are suffering, and drop a word of kindness.
7. Watch for little opportunities of pleasing, and put little annoyances out of the way.
8. Take a cheerful view of everything and encourage hope.
9. Speak kindly to dependents and servants, and praise them when you can.

Rest.

O Jesus merciful! Bend down
In Thy compassions deep,
As sleepless and alone I lie;
And watch beside me keep.

There is a holier, sweeter rest
Than the hulling of this pain;
And a deeper calm than that which sleep
Sheds over heart and brain.

It is the soul's surrendered choice,
The settling of the will;
Lying down gently on the cross,
God's purpose to fulfill.

For this I need Thy presence, Lord,
My hand held close in Thine;
Infuse now thro' my spirit faint
An energy divine.

Feed me with love, imprint on me
Thy restful kiss of peace;
Let me be still upon Thy breast,
Nor struggle for release.

And sanctify my weakness, Lord;
Nature's extreme distress,
Is just the time when it may learn
God's glory to express.

Stamp in, O God, at any cost
The likeness of Thy Son!
Filial submission to Thy will,
Is heaven itself begun.

The Life Hereafter.

Death, we may be assured, is not the end for these myriads of earth. Neither is it a bar to redemption or to any recovery of lost ground. It does not interfere, as an evil force, to prevent the fulfillment of unfulfilled lives, nor to deprive of further opportunity. The only satisfactory and comforting view is that it places the emancipated soul amid better surroundings, and opens wider to it the gates of hope and progress—that it is the gateway to an immortal land where life shall be begun anew, where past opportunities shall be restored, where upward paths shall be given to walk in, and where there shall be no defeat and no sorrow any more.

Quoting Scripture.

An absurd idea some Christians have is that they are overly safe ground if they can quote plenty of Scripture in support of some favorite doctrine or theory. But they seem to be ignorant of the fact that simple quoting passages of Scripture, having some sort of reference to their subject, is by no means a divine defense of it. Some very absurd uses of Scripture have been made

by those who have set out to prove a practice or demonstrate a theory. But much worse, the true meanings of God's words have often been abused and dissipated by such a course. One can as truly make God a liar by wrong quoting His word as he can by flatly misrepresenting his promises.

A Valuable Reminder.

A small church was sadly in want of general repairs, and a meeting was being held in it with a view of raising funds for that purpose.

The minister having said that to do the work thoroughly \$500 would be required, a very wealthy (and equally stingy) member of the congregation rose and said he would give \$1 to the list.

Just as he sat down, however, a lump of plaster fell from the ceiling and hit him on the head, whereupon he rose up hastily and called out that he had made a mistake; he would give \$50.

This was too much for an enthusiast present, who, forgetful of everything, yelled out fervently, "Oh, Lord, hit him again."

Little Things.

Little things are often the hardest things. It is comparatively easy to do a momentary deed of daring that will startle everybody; it is not so easy to do little deeds of quiet courage from day to day unheeded by all and unheeding all. Perhaps you are not called to do the great deed. But you are called every day to do the little deed, which more surely wear out life and strength in the long run. Be glad that you are called to this, for this is the harder task, and he who is faithful here will not be unfaithful in the easier great things.

The Watchword.

"Each for all and all for each," is the watchword of the hour. A nobler message has not gone out to the people since the angels sang the song of "Peace on earth and good will unto men!" "Each for all," then each shall be saved from the sins that do beset the soul, and sins of self-seeking selfishness. "All for each" then no man shall be left to make the struggle alone and single-handed, and if "All for each," then each and all shall enter into the larger, nobler service that brings the kingdom of God in the heart of the world.—G. L. Perin, D. D.

His Right to Demand.

Christ's relation to every man's life is such, and every man's life so belongs to Christ and is so dependent on Him, that He has a right to demand its supreme choice and service. A supreme choice, or chief end, means to choose and put Christ and His service before every other relation of life, not excepting that to parents and wife and children, and if needs be, to antagonize these relations when they conflict with that to Christ.

To-morrow.

To-morrow is not for us to rejoice in or to fear. It may never come to us, and, if it comes, its bringings may be very different from our thought. Sufficient unto the day is the evil thereof and the good thereof. However, trying to-day may be it can be endured for to-day, and to-morrow may be without trials. However joyous may be to-day, to-morrow may be far better.

Full of Vitality.

According to the Philadelphia Inquirer the popular belief that Quakerism is declining is entirely erroneous. So far from this being the case, it is said that those best informed on the subject inside and outside of the organization declare that the Society of Friends in the United States was never more vigorous or full of vitality than at present.

Church and Clergy.

The Rev. Dr. Henry Gallaher has resigned the pastorate of the Trinity Baptist Church, Brooklyn.

The High Street Congregational Church, Portland, Me., celebrated the thirtieth anniversary of the Rev. Dr. William H. Fenn's pastorate with elaborate services.

The Rev. Dr. George L. Robinson, pastor of the Roxbury, Mass., Presbyterian Church, has resigned in order to accept the professorship of Old Testament literature and exegesis in Knox College, Toronto, Canada.

Archbishop O'Reilly, of Adelaide, can set type like a professional compositor. When he established the Catholic Record in West Australia he was obliged to set his own type, and to teach the art to other priests, besides editing the paper.

The Christian Register of Boston announces that it has engaged the Rev. Dr. Edward Everett Hale as a regular contributor. He will write each week a column entitled "Good News," dealing with the practical improvements which the Christian religion is making in the affairs of the world.

Dean Hole made a scene in Rochester Cathedral on a recent Sunday. A canon whose business it was to read the first lesson omitted certain passages which he thought improper. The Dean was to read the second lesson, but before beginning he solemnly read the passages omitted in the first lesson.

A religious journal recalls some pithy words of counsel which the late Mr. Spurgeon once gave to young candidates for the ministry. "Mind you, avoid inappropriate texts," he said. "One brother preached on the loss of a ship with all hands on board from 'So he bringeth them to their desired haven,' and another, returning from his marriage holiday, 'The troubles of my heart are enlarged. O, bring me out of my distress!' Mind your figures of speech are not cracked. Don't talk like the brother who said: 'I fly from star to star, from cherry to cherry beam.' Get among your people, or somebody may be saying of you, as one old lady said of her minister, that he was invisible all the week and incomprehensible on Sundays."